

**Note: These are personal notes made from Master KPK's speech recording, translated from Telugu. Does not reflect Master's words in entirety. Please use for reference only.
Not for publication.**

Rajamundry Gurupujas - 2013

10th November, 2013 - Discourse 3



We have come to the last discourse of Rajamundry Gurupujas. We were discussing the Yoga practices relating to the month of Scorpio. We should know the significance of every sun sign. Every sign is present in us. When we know the significance of each of them and work in relation with them, with time, Yoga will be fulfilled in us. Yoga itself has come from Adishesha, the Grand serpent of time to Patanjali Maharshi.

Many of you already know many aspects of 8 fold path of Yoga but practicing it is what matters the most. Most of you have been hearing many discourses on Yoga for years together now. Hearing gives you only inspiration but fulfillment happens only when you practice. Only then whatever is told becomes true to you. Until then you just know about it but it is not realised by you.

So practice is highly important for Yoga fulfillment. A stable mind is required for constant practice to happen. Scorpio has the best stability compared to all other signs. It was told so by Master DK. Saturn is one of the presiding planets of this month (apart from Mars) which stands for stability. This month is best for yourself to stabilize in practice of Yoga. You should be committed to practice. Rudra or Stanu is the principle who gives stability to the whole creation.

So first light a light. I am not referring to the lamp outside. Visualise a light within and sit with it as long as you can. You can even chant OM within. Each one of us has naturally light within. We covered it with too much matter. It is just that we should bring out that light. Chanting of OM will help you bring that light out. When you keep visualizing that light daily in the morning and evening especially during the twilight hours, a path is formed within which will enable you to ascend. Initially when you do it, it will be very difficult because the matter is so dominant. You should keep practicing patiently with all will.

When you keep doing these practices, heat is developed in the body and matter is heated. There is heat naturally in matter. The fire that is coming during fire ritual is emerging out of matter. Similarly there is fire in our body cells naturally. That fire should come out. Constant practice of chanting OM and pranayama enables emergence of fire from the body cells. Generally the body cells are not even dry for fire to be generated. They are wet because of our emotions. So initially they should become dry and then gradually fire emerges. If the body cells wet initially, when you chant OM or respire deeply, you yawn a lot due the inertial nature of the body cells. As long as inertia is dominant, this yawning happens a lot. Only after that state, the body heating happens.

Practice should be done with lot of aspiration. Then the body slowly gets heated up. You can take some buttermilk if lot of heat is generated, as instructed by Master CVV. This process is like constant farming to bring out the crop.

So the flame should emerge from the base centre by constant practice. Flame emerges when matters gives way for light. The density of matter reduces. There will be no decrease in strength but only the grossness in the matter decreases. Deep breathing regularly is sufficient for this reduction in the density of matter. It develops a warmth in the body. You can feel the warmth as well as the lightness in the body. The dizziness and inertia in the body decreases. Your body, mind and speech are also vitalized. The bull in Taurus has to become a sacred bull in Scorpio, in the words of Master DK. This comparison was given in relation to your body. Your body should be in your control completely and it should support you in the practice of Yoga. The body is the greatest hindrance to path of Yoga but at the same time it is the only equipment which enables Yoga fulfillment. The only difference is in the former case, it is not in your control, in the latter case, it is in your control. So you cannot do Yoga without this body. If it is not supporting you, you should repair it into supporting you.

Kashyapa has 2 wives by name Diti and Aditi. Once Diti gets jealous and sad because Kasyapa has granted better boons to Aditi than her. She is hurt and locks herself in a dark room and does not talk to Kashyapa. During this period, Kashyapa once meets Lord Shiva and Lord Shiva asks "Kashyapa! How is Diti?" Kashyapa remains silent as Shiva has knowingly asked that question. Kashyapa says "I am not responsible for her sadness." Shiva then says "I did not say that you are responsible for it but she is your

wife and you should help her recover by instructing her what is right." It is responsibility of the husband to teach and correct the wife if she is going in a wrong path and vice versa. You cannot just leave your spouse because he/she is wrong. You should ensure that rectification happens. Similar is the case with the body and your nature. You should try and rectify them when they are not moving in the right direction. The body and nature come out of you with you as the basis. So it is very pity if they are not in your control.

So a flame should emerge from base centre with the heat that is generated out of the body cells and it ensures a stable light in your heart centre. This light is much higher in intensity to the flame that emerged from the base centre in the beginning. This process is similar to the lighting system of a petromax lantern that we used to have in the past. Initially there is small flame that aids in lighting the mantle. Once the mantle burns, there is high intensity light.

That light should stabilise in the heart centre because it is centre where matter and consciousness are equal in strength in your body. It is middle centre among the 7 centres of energy in the body. If you go lower, matter is stronger compared to consciousness. If you go higher to heart centre, consciousness is stronger compared to matter. Heart centre related to harmony-conflict; transition from conflict to harmony. We should enter a state of controlling matter from a state of being controlled by matter. That is the transformation that is required. This is evolution. Similarly the being controlled by nature should reach a state of able to control nature.

Most of us are stuck in mind. Mind is moon and moon is always revolving around earth (matter). So our always drives us into objectivity. Until we reach Buddhic plane, we cannot stand above objectivity. Buddhi is Mercury (called Budha in Sanskrit). Mercury revolves around the Sun (Consciousness). In the former case, one with higher intelligence is moving around a one with lower intelligence and the in the latter case, one with lower intelligence is moving around a one with higher intelligence. Which is more beneficial? This intelligence which I am referring to is not worldly intelligence but light.

So once this light appears in the heart centre, you reach the Buddhic plane. The consciousness ascends from a state of mind to state of Buddhi. In that state, just by closing your eyes you can see a golden light within you, naturally. Then a Master appears to you from within and starts speaking to you. Then you realize the true principle of Master. A Master that you know till then is different from what you know from then. There is a long path even after you reach Buddhic state.

At that state, Consciousness and matter in you are equal in strength. You develop a taste for divine. The Lord becomes priority to you. One becomes an accepted disciple of the Master. The fire (light) within slowly turns to blue colour like a sky. It is a different fire then. It is called electric fire. When we do fire ritual, we can observe 2 things; burning wood and the flame. But we cannot see the flame if there is no oxygen in the atmosphere. Similarly there is the invisible fire called the electric fire present in our head. Then there is another fire called Solar fire in our heart, similar to the flame that we see during fire ritual. Then we have the frictional fire in the abdomen similar to the burning wood of fire ritual. So when we

enter higher centres in the head, the light becomes blue in colour and almost the flame is invisible. It is the basis for the other 2 fires. So there is lot to happen after you reach Buddhic plane.

The foremost step is reaching the Buddhic plane. Practice is very important to climb this step. This month is very suitable to stabilize oneself in that practice. There are many disciplines/practices given in the path. You can pick one and start practicing with intent, dedication and devotion. If one discipline is stabilized in you, slowly you can pick up others things as well and go forward in the path.

Our life should have a purpose. It should be directed in the right direction. In this month, nature facilitates and helps us stabilise in the path. So this month is very suitable to begin and stabilise oneself in the path. In the path, you know about yourself and finally you realise that you are an image of God. I AM THAT I AM becomes true to you. Everything has emerged from THAT, Brahman. Even the 3 logos are born out of THAT. Nobody knows THAT is complete. THAT becoming THAT I AM is given as the birth of Virat Purusha (Cosmic Person). THAT is different from THAT I AM. Try to know THAT and realise yourself as THAT. Beginning in Scorpio in the Base Centre, you can reach THAT in the head centre. It is the path to infinite.

So without knowing anything or practicing anything if you just keep on doing some vaguely thinking of attaining liberation, it will not come. First start practicing by taking to a discipline, the rest follows. You can start by visualising the light in heart centre or Ajna centre. Keep worshipping the light and it will lead you in the path. The culmination of prayer is meditation. So start with prayer and you end up in meditation. Prayers are very important initially in Scorpio. At later stages, you can meditate.

In meditation, you can keep moving close to the light, you can touch and finally become IT. All this happens only with practice. If you tell or hear, it is no use. That is what Grand Seers have told us. They gave highest importance to practice. Giving discourses or hearing discourses will not help. They only inspire you but practice has to happen.

We are in such a grand path knowingly or unknowingly. Do not get stuck in the path due to petty causes.

Let us all move forward in the path under the guidance of the Masters leading us.

-Swasthi.